



2026 YOUTH LACROSSE LEAGUE

RULES & REGULATIONS

General Rules (Apply to Grades 3&4, Grades 5&6, Grades 7&8 and High School)

- Two 20-minute running time halves with a 3-minute halftime.
 - (Gr. 3&4), (Gr. 5&6), (Gr. 7&8)
- Two 25-minute running time halves with a 3-minute halftime.
 - High School
- Slaughter Rule
 - A team that is up by 6 or more goals – the opposing team receives the ball at midfield until the lead is 5 goals or less. Possession will alternate once the lead is 5 goals or less.
- No time-outs
- Referees will keep game time, score, and penalty time on the field

Grades 3&4 and Grades 5&6

- 7v7 format (1/4 field games) – 2 attack, 2 midfield, 2 defense, and one goalie
 - Teams must keep 3 players in the defensive half and two in the offensive half.
 - Faceoffs only at the beginning of each half – goalies clear the ball after each goal.
 - No quick restart, refs will allow teams to substitute (20 seconds) before restarting play.
 - **NO LONG POLES**

Grades 7&8 and High School

- 8v8 format (half-field games) – 2 attack, 3 midfield, 2 defense, 1 goalie
 - Teams must keep 3 players in the defensive half and 2 in the offensive half.
 - Faceoffs only at the beginning of each half – goalies clear the ball after each goal.
 - No quick restart, refs will allow teams to substitute (20 seconds) before restarting play.
 - **ONLY TWO LONG POLES ARE ALLOWED**

